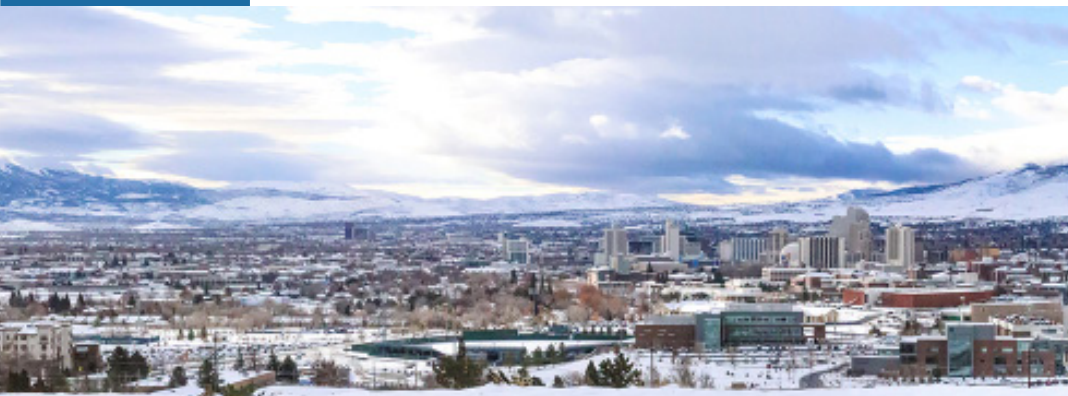




A NEWSLETTER FOR SENIORS IN THE CITY OF RENO

CONNECTING SENIORS

September 2021



CITY OF RENO COUNCIL MEMBERS

Mayor: Hillary Schieve
Vice Mayor/Ward 4: Bonnie Weber
Ward 1: Jenny Brekhus
Ward 2: Naomi Duerr
Ward 3: Oscar Delgado
Ward 5: Neoma Jardon
At-Large: Devon Reese

MESSAGE FROM THE MAYOR...

I hope this message finds you happy and healthy. As Mayor, I would like to thank our seniors who have contributed so much to The Biggest Little City to make it what it is today. We know seniors need socialization, and the City of Reno Parks and Recreation department provides some great recreational programs. Please keep reading to learn more.

Thanks,

Reno Mayor Hillary Schieve

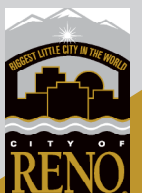
SENIOR CITIZEN ADVISORY COMMITTEE

The Senior Citizen Advisory Committee is appointed by the Reno City Council to Advise, Advocate, Improve and Promote the lives of Seniors in the City of Reno. For more information visit [Reno.Gov/Seniors](https://reno.gov/seniors).

Current members:

Carol Crane
Barbara Deavers
Stan Dowdy, Vice-Chair
Paco Lachoy, Chairman
Mac Rossi
Allen Setterquist

Meetings are held monthly on the second Tuesday of the month at 2 pm in Reno City Hall.



Members of the SCAC with Councilmember Neoma Jardon at the Anniversary celebration in Reno City Hall

CELEBRATING 25 YEARS DEVOTED TO SENIORS

The City of Reno Senior Citizens Advisory Committee (SCAC) hosted its Silver Anniversary (25 years) celebration in the lobby of City Hall on Wednesday, July 28. The Committee began on July 25, 1995, when the Reno City Council saw a need to have a City Committee advise council on the needs and activities of Seniors. Through the years, the Committee has assisted in bringing to Council issues faced by its older

residents. Seniors total about 17% of the population. SCAC is the longest-tenured Senior Citizen Advisory Committee in Washoe County.

This year, the committee is focused on reaching Seniors through communication and engagement. **CONNECTING SENIORS** is a new newsletter for Reno Seniors created by SCAC.

You can email us at: Seniors@reno.gov.

SENIORS -- TECH CAFE FOR SMARTPHONES

The Senior Citizens Advisory Committee has teamed up with the City of Reno Parks and Recreation Health and Wellness Division and TMCC to offer a free class to those over age 60 on how to use a smartphone.

Classes will be conducted for Android and iPhone at Tegila's

Paradise Park, outdoors under the gazebo.

SCAC saw the need to help Reno seniors better understand how to use the smartphone they already own. The project is being funded by the Committee.

see Smartphone classes page 2

PARKS AND RECREATION - MAKES HEALTH AND WELLNESS A PRIORITY

The City of Reno Parks and Recreation Division in the summer of 2019 merged several programs into the multi-generational Health and Wellness Division. Senior Services was one of the departments which was merged.

The Program manager for the division is Kayla Snow, who is responsible for creating and overseeing activities that create socialization, movement and recreational opportunities for all.

The Senior Citizen Advisory Committee has long been an advocate to keep fees to Seniors at a minimum because so

many are on a fixed or low-income level.

To promote Health and Wellness in Reno, the City offers a unique scholarship program to low and fixed income residents. The Scholarship award is on a sliding scale, based on income, with 60%, 40% or 20% scholarships being available.

An individual can make up to \$1,986 (\$2,686 a couple) monthly to qualify for a 60% award. Scholarships are based on household incomes. Proof of residency is required to be eligible for a scholarship.

Another unique part of the

Health and Wellness division is Scholarship recipients get a Health and Wellness pass included in the program. This allows pass holders to participate in many activities Seniors enjoy like: card games, beanbag baseball, weight room, open gym, lap and open swimming at no charge.

To apply, go to:
reno.gov/parksandrec,



Smartphone classes

from page 1

"We are still able to provide the necessary service you have been trying to get to our Seniors," Kayla Snow, Parks and Recreation Program Coordinator, Health and Wellness said about the SCAC program.

"Seniors have smartphones these days," SCAC chairman Paco Lachoy said. "But many do not know how to use them fully. They make phones calls and can take pictures. These



Seniors gathered to learn how to use their cell phone for much more than calls in a free Smartphone class for Android and iPhones at Teglia's Paradise Park.

classes are designed to help them navigate making a contact, sending an e-mail, looking up things on the internet. They are provided free of charge."

There are three classes remaining on Saturdays - one for those with Android phones (September 25) and two for those with an iPhone (September 18 and October 2) from 9 - 11 am.

Classes are limited to 17 people per session and advance registration is required.

The class features how to add contacts; E-mail, send text

messages and photos and how to use Google Voice or Siri for assistance. Most mobile service providers include data in their plans, allowing access to the internet. The class discusses internet safety. A smartphone does so much and there is nothing to be afraid of when you use safe practices,

Those who take the class will be contacted afterwards to see how the information provided has helped them.

If you are interested in one of the classes, please contact Kayla Snow at (775) 334-2366 or e-mail SnowK@reno.gov.



Instructor Gabriele Lenga helping a senior understand the smartphone

SCAC COMMUNICATIONS AND ENGAGEMENT

The Senior Citizen Advisory Committee has two goals for the 2021-2022 fiscal year: (1) To provide information and news to Seniors so they are informed on issues of concern via video, audio and in print forms; and (2) engagement.

Engagement is designed to bring seniors together for socialization and help end isolation and loneliness.

Plans include creation of this newsletter; the development of senior programming on the City's Charter Channel (194); and a podcast, **We are Community**, which can be listened to on your smartphone, tablet or computer, just to mention a few.

One of the engagement pieces was a day at the Reno Aces offered to those Seniors who might not get to go to a game.

More Aces games are planned during the 2022 season.

Seniors, Out for a Walk is also being planned, featuring a weekly walk around the Truckee River in downtown Reno. It will be a leisurely stroll from Believe Plaza to Wingfield Park and back. You never know what you will see in the river as you stroll along it.

CENTER FOR SENIORS AND THE LAW

The Washoe Legal Services Center for Seniors and the Law, most often called the Senior Law Center, is located at the Washoe County Senior Center, 1155 East Ninth Street in Reno. The free service is a collaboration between the Washoe County Human Services Agency, State of Nevada Human Services- Aging and Disabilities and Washoe Legal Services, a 501(c)3 non-profit organization. The Center helps Washoe

County resident Seniors (those age 60 or older) with various legal issues they are facing. It is a free service to assist Seniors who may need legal advice or help in resolving many issues.

The Center offers advice on Consumer issues, Government benefits, Housing issues, administration and probate of small estates, elder abuse or exploitation claims and immigration.

Senior Law is a resource cen-

ter where attorneys can assist Seniors. If an issue requires an attorney's services, one can be recommended.

The office at the Washoe County Senior Center office is open Monday through Friday from 9 am to 5 pm and closed for lunch Noon-1pm.

The Senior Law Center asks that you call ahead to make an appointment. Call (775) 332-0606. Walk-ins are welcome, but you may have to wait.

BEANBAG BASEBALL, PICKLEBALL TOURNEMENTS, OR A WOLF PACK GAME

The Reno Parks and Recreation Health and Wellness Division announced there will be two tournaments, which were postponed during the recent Senior Summer Games, rescheduled. Beanbag Baseball and Pickleball will both be this October.

Beanbag Baseball is set for Paradise Park, October 16 from 8am-5pm. Registration is \$30 per team. A scholarship can be used if all team members have a scholarship.

The Pickleball tournament will be October 4-8, 10am-5pm at the Plumas Street Tennis Center. Registration is \$35 per individual. City Scholarships can be used for Pickleball.

To register, you can visit in per-

son at any City Rec facility or by calling (775) 334-2262.

Parks and Rec also has a new exercise program called Pound Fit. The fitness class combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Class is held at Neil Road Recreation Center on Thursdays from 6-7:15 pm. The class is \$30 a month or \$10 for an individual class (first class is free). Scholarship use is not available for this class.

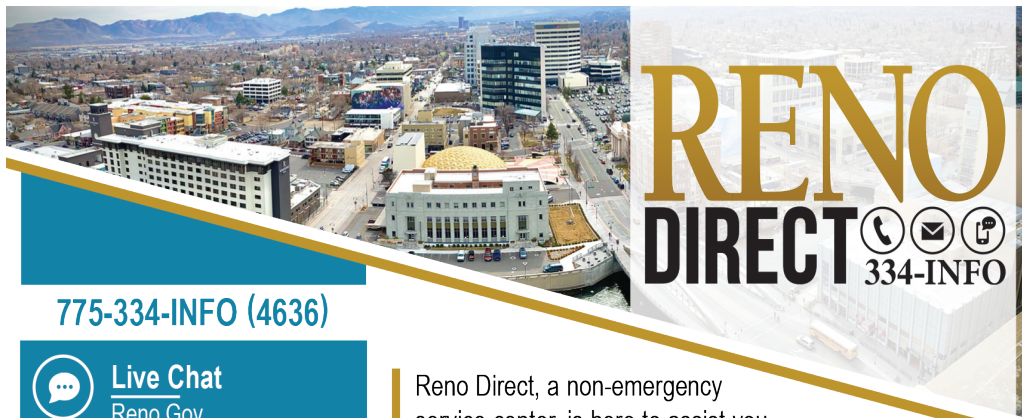
For Seniors who would like to take in a Nevada Wolf Pack football game, the City Health and Wellness Division is offering tickets to the granddaddy of

them all football games, in the Silver State, - **The Battle for the Fremont Cannon** on Friday, October 29 at Mackay Stadium. Game time is 7pm. The number of tickets is limited and are just \$20, which includes a \$10 food voucher. Scholarships apply, but you must sign up by October 27.

To purchase a ticket, you can visit either Paradise Park Activity Center or Neil Road Rec Center.

[Reno.gov/Seniors](https://reno.gov/Seniors)

*An Information Resource
For Reno Seniors*



775-334-INFO (4636)



Live Chat
Reno.Gov



Email & Alerts
RenoDirect@Reno.Gov
Reno.Gov/RenoConnect



Phone App
Reno.Gov/Apps

Reno Direct, a non-emergency service center, is here to assist you with City government service requests and general information. Whether you're reporting an abandoned vehicle or graffiti, or looking for City of Reno information, contacting Reno Direct will ensure that your request, suggestion or issue is addressed by the appropriate department.



Washoe County Human Services: Seniors Division
Washoe County Senior Center
1155 East Ninth Street
Reno, Nevada 89512
(775) 328-2575

Seniors in need of social services in Reno should contact the Washoe County Human Services-Seniors Division. They are located in the Washoe County Senior Center, 1155 East Ninth Street in Reno. They are open Monday to Friday (except holidays) from 8 am to 5 pm, You can call (775) 328-2575 or e-mail sr_info@washoecounty.us.

To qualify for programs, Washoe County residency is required and you must be at least 60.

Programs offered by Washoe County include:

Senior Lunch Program- Monday to Friday (except holidays) the Senior Center; Cold Springs Community Center; Metropolitan Gardens; Sierra Manor and RHA Silverada.

At the Senior Center, lunch is 11:15 am -12:30 pm. Other locations check for times, Meals are a \$2 suggested donation. No one over 60 is turned away who needs a meal. You can apply for

the program at the Senior Center on Ninth.

Meals on Wheels - Home delivered meals to homebound seniors.

TADS (Temporary Assistance for Displaced Seniors)

Washoe County Library Senior Center Branch, Monday to Friday 9 am - 1pm.

Case Management Services- Social workers who deal with specific needs of Seniors.

Food Assistance - Programs offered by The Food Bank, The Assistance League and Catholic Charities.

Center for Seniors and the Law -a program of Washoe Legal Services.

The Washoe County Senior Center also hosts activities and events in their auditorium. Check out their newsletter on-line at washoecounty.us/seniorsrv

SAVE THE DATE

September 16, 23, 30
October 9, 16, 23, 30
Riverside Framers Market
McKinley Arts 4 - 8 pm
October time is 9 am-1 pm
visit: RenoFarmersMarket.com

September 18, 25
Shirley's Farmers Market
1125 California Ave 8am-1pm
visit:
ShirleysFarmersMarkets.com

September 14
Reno SCAC Meeting 2 pm

September 15-19
Reno Air Races
Stead Airport
Discount tickets available for Reno residents

September 23-26
Street Vibrations-Fall Rally
Downtown Reno

October 9-10
Eldorado Great Italian Festival

October 12
Reno SCAC Meeting 2pm

October 29 **Nevada Day**
UNLV v. Nevada outing
(story on page 3)

November 11 **Veterans Day**

October 9, 16, 29
November 6, 19
Wolf Pack football
Mackay Stadium

CONNECTING SENIORS
in your in-box
Reno.gov/RenoConnect
Check the Seniors box
and sign up